

I Claim

1. A self actuated cervical traction device for performing traction on a person's neck comprising,  
a headpiece, said headpiece adapted to be secured about the head and further including a first loop,  
said first loop including a connection anchor,  
a cord, said cord affixed to said connection anchor,  
a force redirection means, said force redirection means adapted to permit said cord to movably reside thereon,  
10 a second loop, said second loop including a second connection anchor, said cord affixed to said second connection anchor, whereby  
said second loop is placed about the patient's feet, the patient then extends their legs carefully, causing said cord to pull, creating a pull-force, said force redirection means redirecting said pull-force to said first loop by said first anchor, causing said neck to be pulled by said pull-force in a manner replicating traction.
2. A self actuated cervical traction device as claimed in claim 1 wherein said headpiece includes a first side and a second side, said first loop connected to said second side.
3. A self actuated cervical traction device as claimed in claim 2 wherein said headpiece said second side has an upper portion, a lower portion, a right side and a left side, wherein the majority of said first loop is generally attached about said second side said lower portion.  
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4. A self actuated cervical traction device as claimed in claim 3 wherein said second side said right side has a right connection element attached to said right side by a first connection means, and said second side said left side has a left connection element connected to said left side by a second connection means.

5. A self actuated cervical traction device as claimed in claim 4 including a strap adapted to be placed about the forehead of said person, said strap has a front side, a back side, a right side and a left side, said strap said back side resides on the forehead of said person.

6. A self actuated traction device as claimed in claim 5 wherein said strap has a padding on a portion of said back side, said padding adapted to come in direct contact with said persons forehead.

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7. A self actuated traction device as claimed in claim 6 wherein said strap said right side slidingly interfits through said first connection means, and said strap said left side slidingly interfits through said second connection means.

8. A self actuated traction device as claimed in claim 7 wherein said strap has hook fasteners on a portion of said front side, said strap has loop fasteners on said front side said right side, and said strap has loop fasteners on said front side said left side.

9. A self actuated traction device as claimed in claim 8 wherein said strap is placed through said first connection means and said strap is placed through said second connection means, wherein said right side of said strap is folded over, and said left side of said strap is folded over, thus engaging said hook fasteners and said loop fasteners, and securing said headpiece to the head.

10. A traction device to be used by an patient comprising:  
an adjustable headpiece, said headpiece attached to the head of the patient,  
a loop connected to said headpiece,  
10 a cord attached to said loop,  
a pulley,  
means to secure said pulley to a closed door,  
said cord further passing through said pulley and forming a second loop,  
said second loop adapted to receive the feet of the patient, whereby  
when the patient lies down, and then further extends their legs, said cord is placed  
in tension, pulling on said headpiece, further pulling on head in a therapeutic  
fashion.

11. The traction device as claimed in claim 10 wherein said means to secure said pulley to said closed door comprises a ball affixed to a flexible member, said flexible  
20 member further affixed to said pulley, whereby when said flexible member is placed  
in an open doorway, and a door is closed thereon, said flexible member will be  
secured intermediate said door and said doorway.

12. A traction device as claimed in claim 11, wherein said headpiece is adapted to have a portion residing on the lowest part of the back of the skull, intermediate the head and the neck, thus, when the patient extends their legs, said portion residing on the lowest part of the back of the skull helps stretch the muscles at the back of the neck and allow separation of the bones in the neck, causing a therapeutic effect on the patient.